

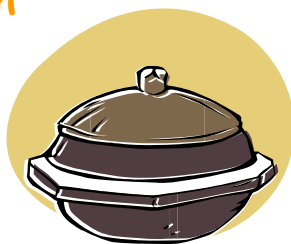
**Helpful Ways to Reduce Screen Time-** Too much screen time (television, computer or video games) can be an unhealthy habit for your child and your family. Here are a few simple tips to help your family reduce screen time and increase physical activity in order to keep or strive towards a healthy weight.

- **Talk to your family.** Let your child know it's important to sit less and move more. Children will have more energy and have a chance to practice skills (such as riding a bike or shooting hoops), and have fun with friends.
- **Set limits on screen time.** Set a house rule that your child may spend no more than two hours a day on screen time. Enforce the rule once it's made!
- **Take the TV out of bedrooms.** Do not put a TV or computer in your child's bedroom. This tends to keep kids from spending time with the rest of the family.
- **Make meal time, family time.** Turn off the TV during family meal time or take the TV out of the eating area. Family meals are a good time to talk to each other. Families who eat together tend to eat healthier meals. Try to make plans to have family meals at least two to three times a week.
- **Provide other things to do.** Watching TV can become a habit. Provide other things to do, such as playing outside, learning a hobby or sport, or spending time with family and friends.
- **Set a good example.** You need to be a good role model and also limit your screen time to no more than two hours per day. If your kids see that you follow your own rules, then they will be more likely to follow.
- **Don't use TV to reward or punish a child.** This makes TV seem even more important to children.
- **Make screen time, active time.** Stretch, do yoga, lift hand weights while watching TV; challenge the family to see who can do the most jumping jacks, or leg lifts during commercials.
- Adapted from National Heart Blood and Lung Institute  
We Can! Nutrition Education Program  
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/whats-we-can/>

## Cook's Corner

### Full of Beans Hot Dish

1 pound ground beef  
1 large chopped onion  
1/4 cup brown sugar  
1/2 cup catsup  
2 Tablespoons vinegar  
1/2 teaspoon black pepper  
2 cups cooked kidney beans or 15 ounce can  
1 can (15 ounce) pork and beans  
2 cups cooked great northern beans or a 15 ounce can great northern beans, lima beans or butter beans



#### Directions:

1. Cook ground beef and onions. Drain fat.
2. Add remaining ingredients and mix.
3. Place in casserole dish.
4. Bake in the oven at 350 degrees for 1 hour

Recipe from USDA Eat Smart Play Hard at:

[www.fns.usda.gov/eatsmartplayhardhealthylifestyle/QuickandEasy/makeitquickeasy.htm](http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/QuickandEasy/makeitquickeasy.htm)

### Fruit Snacks Ideas

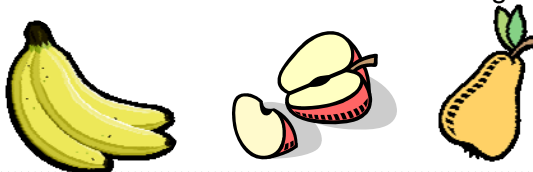
**Fruit Pops** - For a nutritious popsicle, freeze 100% fruit juice in ice cube trays or paper cups with wooden sticks.

**Frozen Banana Chips** - Push a wooden stick into half of a peeled banana. Roll in yogurt or a light coating of chocolate syrup, then in crunchy corn flakes. Wrap and freeze.

**Fruit-Mix** - Mix up a zipper-top bag of dried fruits of your choice: apple slices, apricots, blueberries, cherries, cranberries, pear slices, and raisins, among others.

**Frozen Chips** - Slice bananas into thin rounds. Spread them flat on a baking pan; cover. Freeze and serve frozen as a fun snack.

**Note:** Dried fruit should not be given to children under 3 due to risk of choking.





# Wellness Nutrition Fun Facts

For WIC Families

March/April 2008



**Celebrate National Nutrition Month®**

The theme for 2008 is *Nutrition: It's a Matter of Fact.*

Facts, not fads make for a healthy lifestyle



- Balancing activity and healthy eating is the best way to maintain weight and for overall health and fitness.
- Don't think of foods as "good" or "bad", but try to choose foods most often that are packed with vitamins, minerals, fiber and other nutrients — and lower in calories.
- No one food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthy eating.
- Don't fall for food fads that may harm rather than benefit your health. Ask a health professional if you are unsure about nutrition or health information.
- Read food labels to help you make smart food choices.

Eating right doesn't have to be hard. Use [www.Mypyramid.gov](http://www.Mypyramid.gov) to develop a plan just for you. Talk to your Physician, a Dietitian, or a WIC Health Professional at your Local Agency for more ideas on healthy eating and for MyPyramid resources. Also go to [www.Healthysd.gov](http://www.Healthysd.gov) for more ideas on healthy eating and activities for your whole family.

## \*\*\*\*\* Breastfeeding Tidbits for Mom! \*\*\*\*\*

### Breastfeeding Your Baby Is Good For You Too

- Breastfeeding helps mothers lose baby weight.
  - Breastfeeding requires around 500 or more calories a day.
- After the birth of the baby one of the first changes for the mother is the size of the uterus.
- Each time you breastfeed it helps the uterus to return to its normal size.
- It reduces the risk of breast cancer, ovarian and uterine cancer.



- It improves bone density.
- It helps create a bond between mother and baby.

### Breastfeeding Away From Home

- Many styles of clothing allow the mother to breastfeed privately. You may choose to wear a jacket or loose top with front openings or to cover yourself with a blanket.
- Public areas may have special rooms available for nursing mothers.
- Arrange your day around your infant's feeding times.
- If you do not feel comfortable at first breastfeeding in public, consider taking expressed breastmilk in a bottle when you are going to be away from home.
- Unbutton your shirt from the bottom instead of the top to keep yourself covered.
- Request a booth in the back of the restaurant or some place with more privacy when nursing in public.



Remember - breastfeeding is a natural and normal way to feed your baby!